LET'S TALK ABOUT
OCEAN
PLASTICS

THE OH WAKE
MAGAZINE

OCEAN PLASTICS ISSUE NO. 1

AN OCEAN HEROES PUBLICATION
SPRING/SUMMER 2021

MEET OUR OCEAN HEROES EDITORS

OCEAN HEROES LEAD THE WAY TO CHANGE

BY HANNAH TESTA

UNDER THE SKIN X LONELY WHALE INFOGRAPHICS

SEA SIGNS: CLUES TO OCEAN PLASTIC SOLUTIONS IN THE STARS

WOMEN SAVING THE PLANET YOU MIGHT NOT KNOW, BUT SHOULD

YOUR VOICE COUNTS! BECOME AN OCEAN HERO

WE GOT GAME! ACTIVITIES & NOTES

KNOWLEDGE IS POWER: RECOMMENDED READS FROM OUR OCEAN HEROES • OCEAN PLASTICS: WHAT THE PUBLIC NEEDS TO KNOW • HOW TO REPURPOSE PLASTIC ITEMS • BREATHE! BY CHANTÉ DAVIS • PLASTIC WASTE: A PHOTO ESSAY BY HEATHER BROCKBANK • CATALYZING REAL CHANGE FROM WITHIN BY OLUWASEYI MOEJOH • THE TURKEY CATCHER WHO BECAME AN OCEAN HERO BY DIEGO ARREOLA FERNÁNDEZ

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In **Let's Talk About Ocean Plastic,** the inaugural issue of OH-WAKE, our Ocean Heroes editors communicate the urgency of the plastic pollution crisis through the power of storytelling and artivism; their optimism, determination and wisdom are the heart of this magazine. Created by youth activists for youth activists, OH-WAKE is a resource for kids everywhere looking for community, for inspiration, and for more information about how they can become Ocean Heroes themselves.

WANT TO LEARN MORE? JOIN OCEAN HEROES!

www.oceanheroeshq.com

OCEAN HEROES NETWORK

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CAPTAIN PLANET FOUNDATION LONELY WHALE 52HZ

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LETTER FROM AN OCEAN EDITOR

OCEAN HEROES LEAD THE WAY TO CHANGE

The link between ocean plastics and the climate crisis

When you think of the climate crisis and plastic pollution, you might think of them as two separate environmental issues – but they are interconnected. In the ocean and elsewhere in the environment, plastics are vulnerable to light, heat, and moisture. As plastic degrades, it breaks up into microplastics and releases greenhouse gases into the atmosphere.

Every year, about 8 million metric tonnes of plastic waste escapes into the ocean from coastal nations. That's equal to setting five garbage bags full of trash on every foot of coastline around the world. Plastic has touched every corner of the world, from arctic sea ice to the deepest trenches of the ocean. Each year over one million animals die due to ingesting or getting entangled in plastic. Not only is plastic impacting marine life in the ocean, but it is impacting us. It is in our drinking water, our food, in our organs, and even in the air we breathe.

I live hundreds of miles away from the nearest coastline, but that does not mean that depleting ocean health won't impact me too. When the ocean suffers, we all suffer. The threat of plastic pollution on our ocean is a threat to our wellbeing. And it is time we take action on it.

Plastic is not just a problem at the end of its life (as pollution in the ocean); the problem starts from the wellhead and continues throughout each stage of the plastic lifecycle.

99% of plastic is produced from oil. Currently, 4-8% of annual global oil consumption is for plastics. The World Economic Forum estimates that if our reliance on plastic continues, plastic will account for 20% of oil consumption by 2050.

As the production of plastics is projected to keep increasing, so too is the hazardous flow of plastics in the ocean. In fact, the amount of plastic waste entering the ocean is projected to triple by the year 2040 unless we do something to stop it.

I know that all of this information may make you feel we aren't doing enough — don't be discouraged. We can turn this knowledge into action. Ocean Heroes, young people just like you, are already leading the way to change and providing so much hope. Youth-led movements are making headway, and the world is beginning to listen. Politicians, CEOs, and people in positions of power are waking up to the realization that environmental preservation is essential – not optional.

There is a global movement to protect the Earth we rely on, and youth are at the forefront of it.

I am so proud to be among the many young voices speaking out and demanding action. Youth activists across the globe are creating the world we want to see and the future in which we want to live. We are not allowing our age to stop us from achieving our goals now.

Young people are making their voices heard, and that is why our mission is to create content for youth — by youth. I am so honored to welcome you to the very first issue of OH-WAKE. We hope this issue provides further insight into the ocean plastic crisis, as well as motivates you to continue your own Ocean Hero journey. Throughout the next few issues, we will cover other ocean and climate related topics.

The team and I are so excited to finally share our creativity, passion, and curiosity with you.

BY HANNAH TESTA

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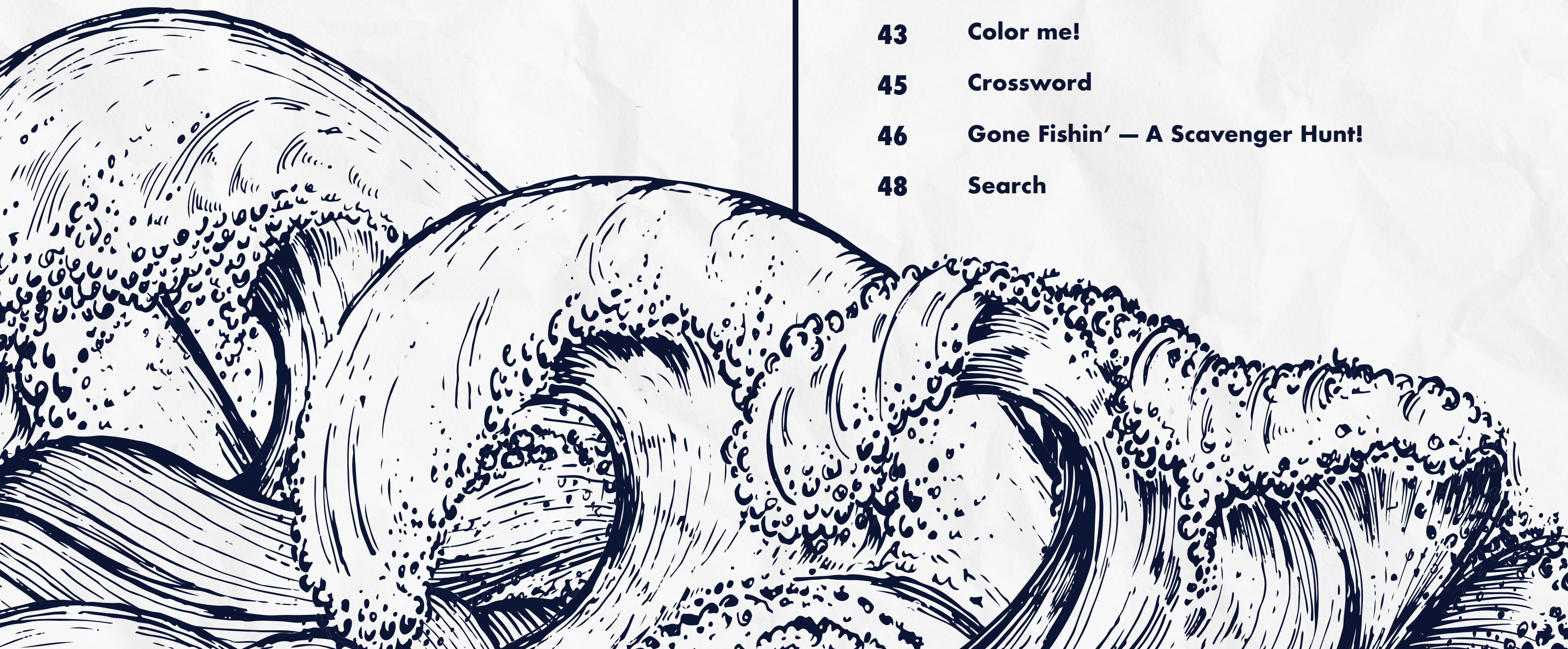


“Individually, we are one drop.

Together,
we are an ocean."

Ryunosuke Satoro

UNDER THE SKIN

Common name:

Humpback Whale

Scientific name:

Megaptera novaeangliae

Lifespan:

45 – 50 years

Average adult weight:

30,000 kg

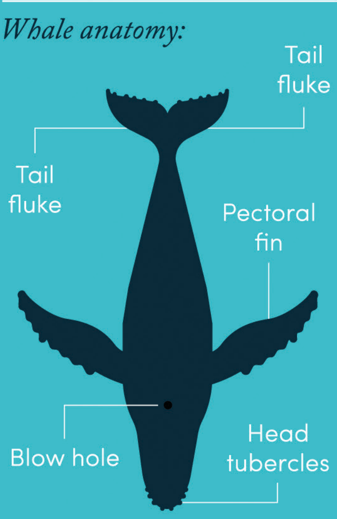
Diet:

Krill & fish

Filter feeders:

Humpbacks are **baleen whales**, filtering small food through their baleen plates.

Whale anatomy:



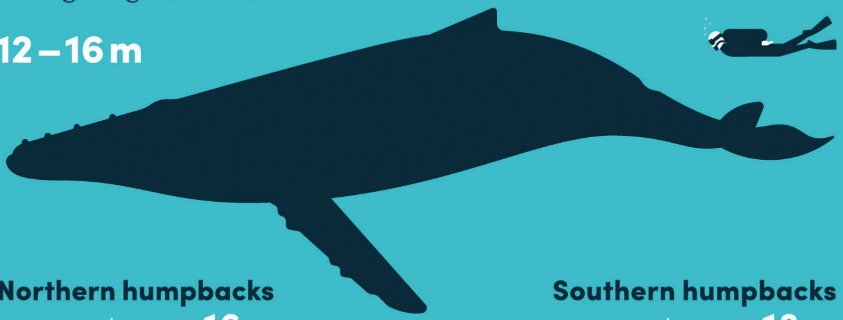
Whale song:

Males sing the longest and most **complex songs** in the animal kingdom, lasting **10-20 minutes** which they repeat for hours at a time.

Humpbacks are the most energetic of all large whale species. They migrate throughout the worlds oceans, singing complex vocalizations.

Average length (metres):

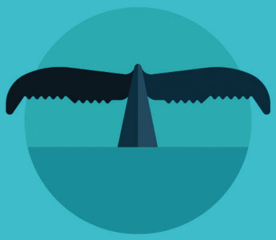
12 – 16 m



Northern humpbacks can reach up to **16 m**

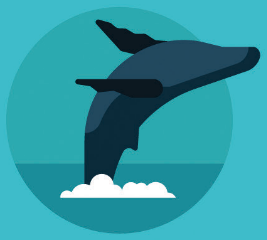
Southern humpbacks can reach up to **18 m**

Humpback behaviour:



FLUKING

When a whale raises its tail flukes above the surface of the water before a dive.



BREACHING

When a whale leaps partially or completely out of the water.

Threats to species:

- **Collisions with ships**
- **Noise pollution**
- **Ocean plastic**
- **Entanglement in fishing gear**

Humpbacks migrate all over the world:

They have one of the longest mammal migrations in the world, swimming over

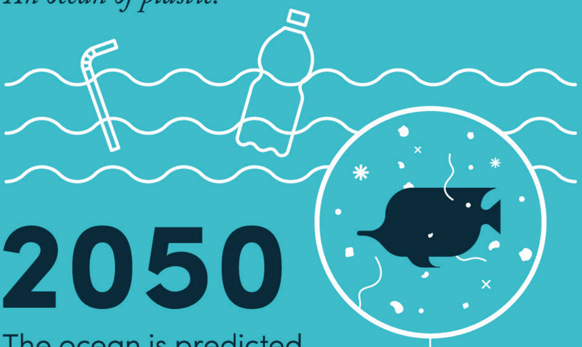
10,000 miles

They travel between feeding grounds in cold waters (such as Antarctica) to warmer waters where they mate and shed their skin.

By Ed & James Harrison | Follow undertheskin.co.uk | Instagram / Twitter @_undertheskin

Our ocean is swimming in plastic. Here's an overview of the plastic pollution problem:

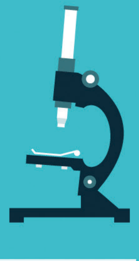
An ocean of plastic:



2050

The ocean is predicted to contain **more plastic than fish**, by weight.

Microplastics are small plastic pieces **less than 5mm** in length which are harmful to ocean life.



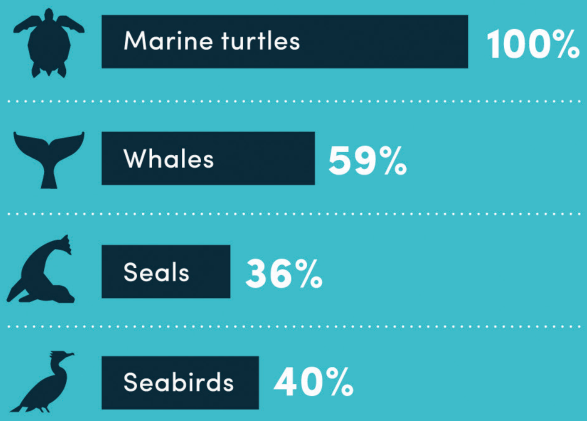
Did you know...

There is **more microplastic** in the ocean than there are **stars** in the **Milky Way**?

Amount of plastic in our ocean:

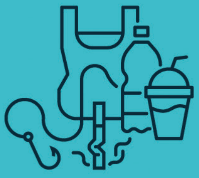
86 MILLION
metric tons

Studies reveal plastic pollution to be found in:



Common ocean plastics:

The most common forms are **cigarette butts**, **plastic bags**, **fishing gear**, and **food and bevereage containers**.



Plastics washed ashore:

60-90%

of all marine debris is plastic

8 million tons

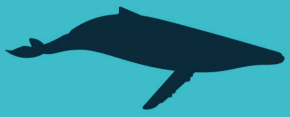
of plastic enter the ocean each year

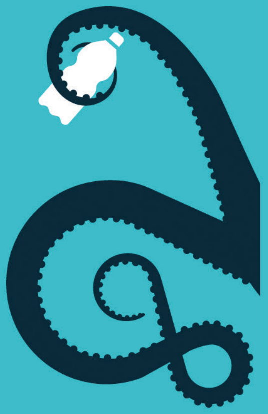
That's equivalent to **a truck of plastic** dumped into the ocean **every minute**!

Many marine organisms can't distinguish common plastic items from their food...

Animals such as **WHALE SHARKS**, **SEA TURTLES**, **MANTA RAYS** and **WHALES** eat plastic. They often starve because they can't digest the plastic that fills their stomachs, preventing them from eating real food.

SEA TURTLES





KNOWLEDGE –IS– POWER

Coral's Quest
by Zoë Williams

A tale about the plastic crisis through the eyes of a hammerhead shark who becomes a girl, Coral's Quest is a children's book remarkable for its story and its author. Writer Zoë Williams is only nine years old and an Ocean Heroes alumni.

All We Can Save: Truth, Courage, and Solutions for the Climate Crisis

A collection of provocative and insightful essays from the women leading the climate movement. Edited by Dr. Ayana Elizabeth Johnson and Katherine K. Wilkinson.

Turning the Tide on Plastic: How Humanity (And You) Can Make Our Globe Clean Again
by Lucy Siegle

British journalist Lucy Siegle's guide to reducing the single-use plastic in our own lives, changing consumer habits, and embracing our ability to influence.

Blue Mind
by Dr. Wallace J. Nichols

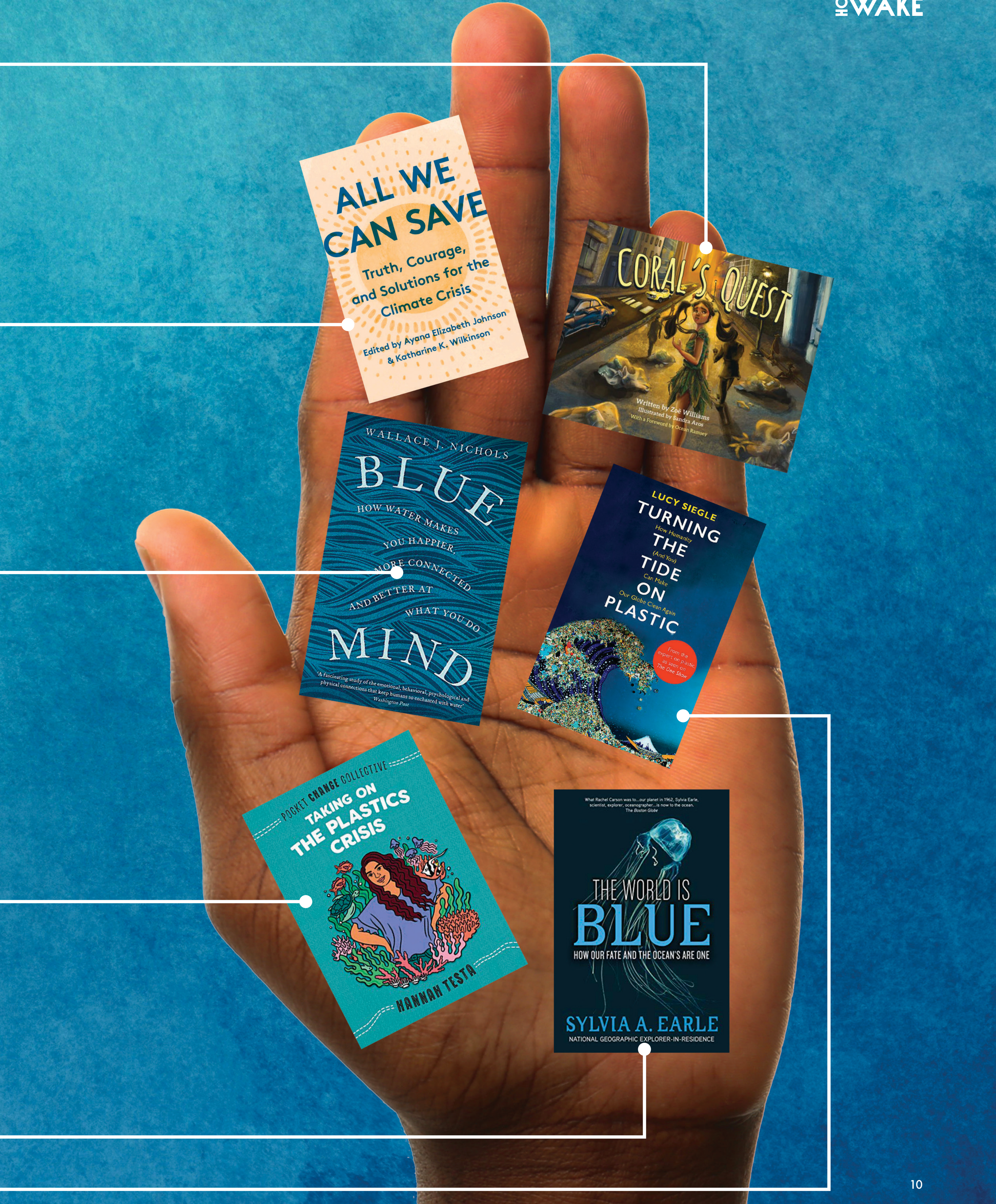
Discover your Blue Mind with this book from marine biologist Dr. Wallace J. Nichols about the reasons we're drawn to water, the ability of water to improve the quality of our lives and help us find inner peace.

The World is Blue: How Our Fate and the Ocean's Are One
by Dr. Sylvia A. Earle

Dr. Sylvia Earle is a legend in the marine sciences and ocean conservation space. Her book about the ways the fate of humanity and the ocean are tied together is both a warning about what may come to pass, and a message of hope for the future of our ocean – and our world.

Taking on the Plastic Crisis
by Hannah Testa

This is the story of youth activist (and OH-WAKE Editor!) Hannah Testa, who influenced global businesses to become more sustainable and helped pass legislation limiting single-use plastics at the state level.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With a Foreword by Ocean Ramsey
WALLACE J. NICHOLS
BLUE MIND
HOW WATER MAKES YOU HAPPIER, MORE CONNECTED AND BETTER AT WHAT YOU DO
'A fascinating study of the emotional, behavioral, psychological and physical connections that keep humans so enchanted with water' Washington Post
LUCY SIEGLE
TURNING THE TIDE ON PLASTIC
How Humanity (And You) Can Make Our Globe Clean Again
From the expert on plastic as seen on The One Show
POCKET CHANGE COLLECTIVE
TAKING ON THE PLASTICS CRISIS
HANNAH TESTA
What Rachel Carson was to...our planet in 1962, Sylvia Earle, scientist, explorer, oceanographer...is now to the ocean. The Boston Globe
THE WORLD IS BLUE
HOW OUR FATE AND THE OCEAN'S ARE ONE
SYLVIA A. EARLE
NATIONAL GEOGRAPHIC EXPLORER-IN-RESIDENCE

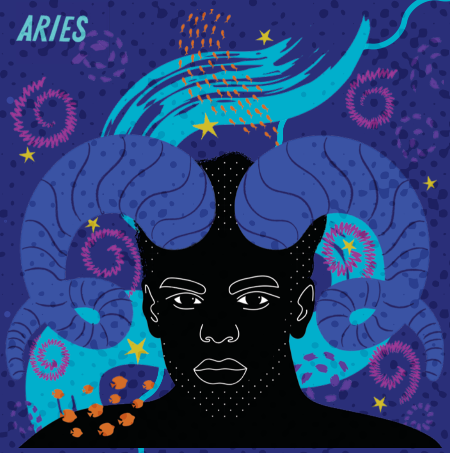
TAURUS

Taurus, your fixed energy is comforting to those around you in uncertain times. When the ocean plastic crisis begins to feel overwhelming, your friends and family look to you for steady guidance and strength, which you are more prepared than most to provide.

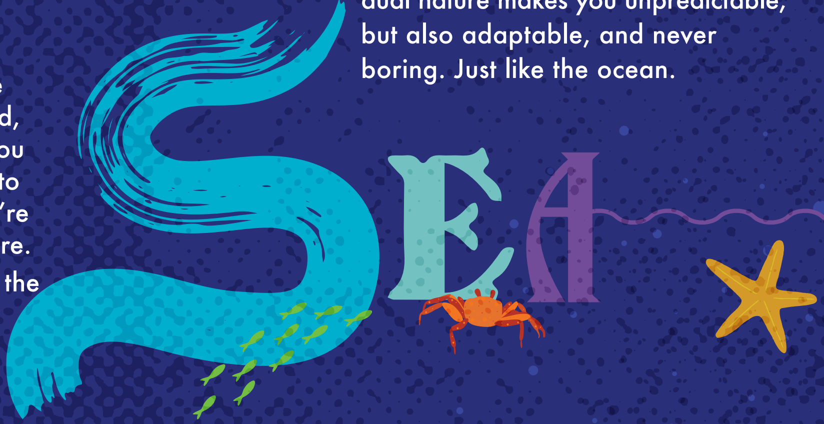
GEMINI

No sign can stretch their energy as far as Gemini can – across people, projects, time. This is one of your superpowers for change and also one of your greatest personal challenges. Your dual nature makes you unpredictable, but also adaptable, and never boring. Just like the ocean.

ARIES



We want to remind you of your incredible power for good, Aries. When you put your mind to something you're a force of nature. Just like fire. Shine your light upon the world and blaze a path toward a future with clean seas.



Ocean Plastic Solutions in the Stars!

Follow along at www.lonelywhale.org/sea-signs for your monthly horoscope.

Right now, the world is waking up to the fact that people and plastic are intertwined. This is a crucial step to ensuring a just recovery on our road for environmental and social justice. Don't miss out on the chance to raise the alarm in your own unique voice, encouraging empathy for people and the planet.

PISCES

AQUARIUS

Aquarius, you are the original radical. We don't have the stats in front of us or anything, but we're pretty sure no movement for reform or change in the system ever took off without the Water-Bearer's signature influence. Different is just what you are, and we know that's how you like it, too.

Capricorn, your consistency and reliability are the stuff legends are made of. For these reasons, and more, you are a truly incredible ally in the pursuit of clean seas – and an even better friend. You are widely respected for your pragmatic approach to life, and have more influence than you know.

CAPRICORN

If everyone cared as much as you do, there would be a lot less single-use plastic in the ocean and a lot more community and caring everywhere. We TOTALLY get your natural inclination towards self-protection, but trust us: the depth of your emotions and sensitivity are a gift to the world.

CANCER

LEO

Leo, you carry the weight of the world on your shoulders everywhere you go. Your pride and compassion combined with good intentions make you a force of nature in the fight against plastic pollution, but remember: you don't have to do it all alone. Lean on your friends and loved ones in uncertain times. They will support you, just like you support them.

VIRGO

Virgo, if everyone was as meticulous and as thoughtful as you are, there would be a lot less plastic in the ocean and a future with clean seas would be pretty much guaranteed. We know you aren't crazy about the spotlight, but we're also sure sometimes the expert hands of Virgos everywhere are one of the only things holding the world together.

SIGNS

Illustrations By Aurélia Durand

LIBRA

Equality and fairness. These are values close to the heart of every Libra who's ever lived. Right now, it feels a little bit like we're all living through a history book in the making, and the Libras of the world are already playing a major part in that narrative. We're here to remind you that you don't have to be a politician or an influencer to take on the plastic crisis, Libra. You've just gotta be you.

SAGITTARIUS

Sagittarius, your optimism in the face of the reality of plastic pollution is needed now more than ever. The amount of plastic leaking into the ocean is expected to triple by the year 2040 if we don't come together to create some serious change. Channel your love of adventure and new ideas into a campaign for a plastic-free ocean.

Few things in life are as simultaneously persuasive and intimidating as your intensity, Scorpio. Like the oyster that turns a grain of sand into a glimmering pearl, Scorpio also has incredible transformative power. Combined with your natural intensity? That is EXACTLY the kind of energy needed to help us all secure a future with clean seas.

SCORPIO

Notes From a Future Ocean Hero!

This is a space just for YOU.
You can do anything you want with these pages,
but here are some ideas to help you get started:

- Write a letter to the ocean
- Share your thoughts and feelings
- Create a gratitude journal! What are you thankful for?
- Tell us what inspires you
- Draw the ocean

INTRODUCING OUR OCEAN HEROES

Ocean Heroes create the change they want to see in the world everyday. They are deeply concerned about the plastic pollution in our ocean, and the people who are most affected by it. Ocean Heroes do more than dream about solutions. They make them.

Learn more about how YOU can become an Ocean Hero at *www.oceanheroeshq.com*

DIEGO ARREOLA FERNÁNDEZ

NAME YOUR SHADE OF BLUE:
NAVY BLUE OR TURQUOISE

WHY ARE YOU AN OCEAN HERO?

I have a mission to gather as many people around the world as possible, and inspire them all to create a great positive change together.

BIO

Diego Arreola Fernández *(19)* is an Ocean Hero, public speaker, educator and environmental activist from Mexico City, passionate about storytelling and determined to change the world. He's the founder of Green Speaking, a nonprofit organization that aims to educate every kid and young person from around the world on both intersectional environmentalism and effective communication strategies, to form the next generation of positive leaders!

WHAT IS YOUR FAVORITE OCEAN ANIMAL? PROBABLY THE DOLPHIN, SHARK OR OCTOPUS.

WHAT SYSTEMS ARE IN PLACE IN YOUR AREA TO HELP TACKLE OCEAN PLASTICS?

In Mexico City we have a recently introduced policy to promote Zero Waste culture, which prohibits single-use plastic bags and other disposables (such as straws and cutlery). Unfortunately, this only applies for restaurants, supermarkets and stores, but not for the entire sector of "street markets" and the "popular economy," which contributes significantly to plastic pollution. In coastal regions there are several cleanups organized by both NGOs and the government, and some recycling programs, but not many strategies that address the problem from its source.

HEATHER BROCKBANK

NAME YOUR SHADE OF BLUE:

ANATOMIC AZUL

WHY ARE YOU AN OCEAN HERO?

I feel communal activism is important in order to strive to create a positive impact in the world around us. When everyone has the best interest of each other in mind, it can have a great impact.

BIO

Heather Brockbank (17) is a youth leader and activist from The Bahamas eager to spread her positive message to all. She is passionate about the environment she grew up in and a tireless advocate for the ocean. Heather is the UNICEF HEY Campaign Ambassador for The Bahamas and 2021 BESS scholar with the Bahamas Reef Environmental Education Foundation (BREEF). Heather enjoys snorkeling, swimming and SCUBA diving and dreams of becoming a marine biologist.

WHAT DO YOU ENJOY MOST ABOUT BEING AN OCEAN HERO?

I enjoy having an outlet for my passions and desires for the environment; being an Ocean Hero helps me take an active part in the change that I want to see in this world. I want the world to be a better place not only for me but for everyone else that inhabits this planet.

WHAT IS YOUR FAVORITE OCEAN ANIMAL?

SPOTTED EAGLE RAY.

WHAT SYSTEMS ARE IN PLACE IN YOUR AREA TO HELP TACKLE OCEAN PLASTICS?

The organization I work with in The Bahamas conducts a canal clean every week in order to clean up ocean pollutants that are in the canals.

WHAT INSPIRES YOU TO SPEAK OUT FOR OCEAN HEALTH?

The ocean cannot linguistically express its fears or its pains and is crying out right now for our help. It is our duty as environmentalists and as human beings who live on the planet Earth to make sure that our very livelihoods and the ocean are protected.

CHANTÉ DAVIS

NAME YOUR SHADE OF BLUE:

SPRULEAN

BIO

Chanté Davis (17) is an Ocean Hero alumni and climate storyteller from New Orleans, Louisiana. As a writer, Chanté is most passionate about telling untold stories – stories of the marginalized that aren't usually centered in the environmental movement – in hopes of showing the intersectionality of the climate crisis. As an Ocean Hero, Chanté strives to make the movement equitable and inclusive to the historically oppressed through her One Oysean campaign.

WHY ARE YOU AN OCEAN HERO?

I see a lot of myself in the ocean — I relate to the overfishing and exploitation on a cultural level. On a more positive note, the ocean inspires me everyday to be generous and welcoming and wondrous. The ocean allows me to feel like a kid again, even though the work I am doing might suggest otherwise.

WHAT IS YOUR FAVORITE OCEAN ANIMAL?

WHALE SHARK.

WHAT DO YOU ENJOY MOST ABOUT BEING AN OCEAN HERO?

Having a network I can refer back to, where I can discuss my concerns, aspirations, and anything else under the moon at times!

WHAT SYSTEMS ARE IN PLACE IN YOUR AREA TO HELP TACKLE OCEAN PLASTICS?

There have been refillable water bottle stations implemented at public parks and schools!

WHAT INSPIRES YOU TO SPEAK OUT FOR OCEAN HEALTH?

Knowing that I want to have a career in ocean conservation, specifically shark and ray conservation, I choose to speak out for ocean health because I know it plays an imperative role in maintaining our climate.

DEJEA LYONS

NAME YOUR SHADE OF BLUE:

CARIBBEAN BLUE

WHY ARE YOU AN OCEAN HERO?

I am an Ocean Hero because I want to protect our future; not only for myself but for the generation behind us, which includes my younger siblings.

BIO

Dejea Lyons (18) was born and raised in the beautiful Cayman Islands. Growing up on an island fostered her deep love for the ocean and the water, as well as a deep concern for the ocean's health. She is the vice-president of Protect Our Future, a youth-led organization in the Cayman Islands. Protect Our Future successfully lobbied to prevent the construction of a cruise port that would have decimated local reefs; helped push anti-plastic pollution policies in the Cayman Islands, and increased awareness around the importance of marine flora and fauna. She is an Ocean Heroes Alumni and a passionate storyteller.

WHAT DO YOU ENJOY MOST ABOUT BEING AN OCEAN HERO?

The global network of people that we are connected to has been amazing. Being able to connect with people who have such unique stories has been so enjoyable.

WHAT IS YOUR FAVORITE OCEAN ANIMAL?

IT'S DIFFERENT EVERYDAY.

WHAT SYSTEMS ARE IN PLACE IN YOUR AREA TO HELP TACKLE OCEAN PLASTICS?

We do regular beach and ocean clean ups. There is at least one a month.

WHAT INSPIRES YOU TO SPEAK OUT FOR OCEAN HEALTH?

The fact that I live on an island and have been surrounded by water my whole entire life. Additionally, a lot of islanders, such as my father, rely on the water to either make a living or to keep them alive. The ocean is a main food source for many.

OLUWASEYI MOEJOH

NAME YOUR SHADE OF BLUE:

TRANQUILITY

WHY ARE YOU AN OCEAN HERO?

I'm passionate about developing and implementing innovative solutions to solve this problem.

BIO

Oluwaseyi Moejoh (20) is the Co-founder of U-recycle Initiative Africa and also a law student. She has been recognized as a National Geographic Young Explorer, a High Seas Alliance Youth Ambassador, and a 2021 Three Dot Dash Global Teen Leader. Oluwaseyi is passionate about changing the narratives pertaining to the plastic pollution and climate crisis in Africa and the world through building grassroot solutions and spurring meaningful actions through her writing. She lives in the bright bustling cities of Lagos and Port Harcourt in Nigeria.

WHAT DO YOU ENJOY MOST ABOUT BEING AN OCEAN HERO?

We create solutions.

WHAT INSPIRES YOU TO SPEAK OUT FOR OCEAN HEALTH?

The ocean is endangered by plastic pollution and climate change.

WHAT IS YOUR FAVORITE OCEAN ANIMAL? DOLPHINS.

WHAT SYSTEMS ARE IN PLACE IN YOUR AREA TO HELP TACKLE OCEAN PLASTICS?

Little or no local systems are available in my area.

HANNAH TESTA

NAME YOUR SHADE OF BLUE:
SAPPHIRE SEA

WHY ARE YOU AN OCEAN HERO?

I have always been passionate about our environment and I chose to turn that passion into action.

BIO

Hannah Testa (18) is a sustainability advocate, international speaker, author, TEDx speaker, politico, and founder of Hannah4Change, a nonprofit dedicated to fighting issues that impact the planet. She is passionate about issues that affect our planet and has been using her influence since a young age to educate others, as she believes "knowledge is power." Her love for the planet and everything that inhabits it has driven her to advocate for its protection, as well as motivate others to join her.

WHAT INSPIRES YOU TO SPEAK OUT FOR OCEAN HEALTH?

Youth voices need to be heard because our future depends on it. No matter how far you are from the nearest coastline, the ocean touches us with every second breath of our lives.

WHAT IS YOUR FAVORITE OCEAN ANIMAL? SEA TURTLES! THEY ARE THE GOLDEN RETRIEVERS OF THE OCEAN.

WHAT SYSTEMS ARE IN PLACE IN YOUR AREA TO HELP TACKLE OCEAN PLASTICS?

NOTHING, only curbside recycling.

OCEAN PLASTICS

"What Is The Most Important Thing The Public Needs To Understand About Ocean Plastics?"

"Plastic pollution isn't just an ocean issue, it's a climate crisis, social-justice, human health, fossil fuels, animal rights, and ocean issue."

Hannah Testa
Atlanta, Georgia
Age: 18

Chanté Davis
Houston, Texas
Age: 17

"Ocean plastics are made through the fracking process, the fracking process, which is an environmental crisis that involves extracting oil from the ground and also damages the quality of surrounding water sources."

"The public needs to understand that plastic does not simply disappear when it goes into the ocean and that it affects every single living organism that it interacts with."

Heather Brockbank
Freeport,
Grand Bahama
Age: 17

"We all need to take urgent action – individually. We all need to demand for effective policies from our government. We need to hold corporations accountable."

Oluwaseyi Moejoh
Lagos, Nigeria
Age: 20

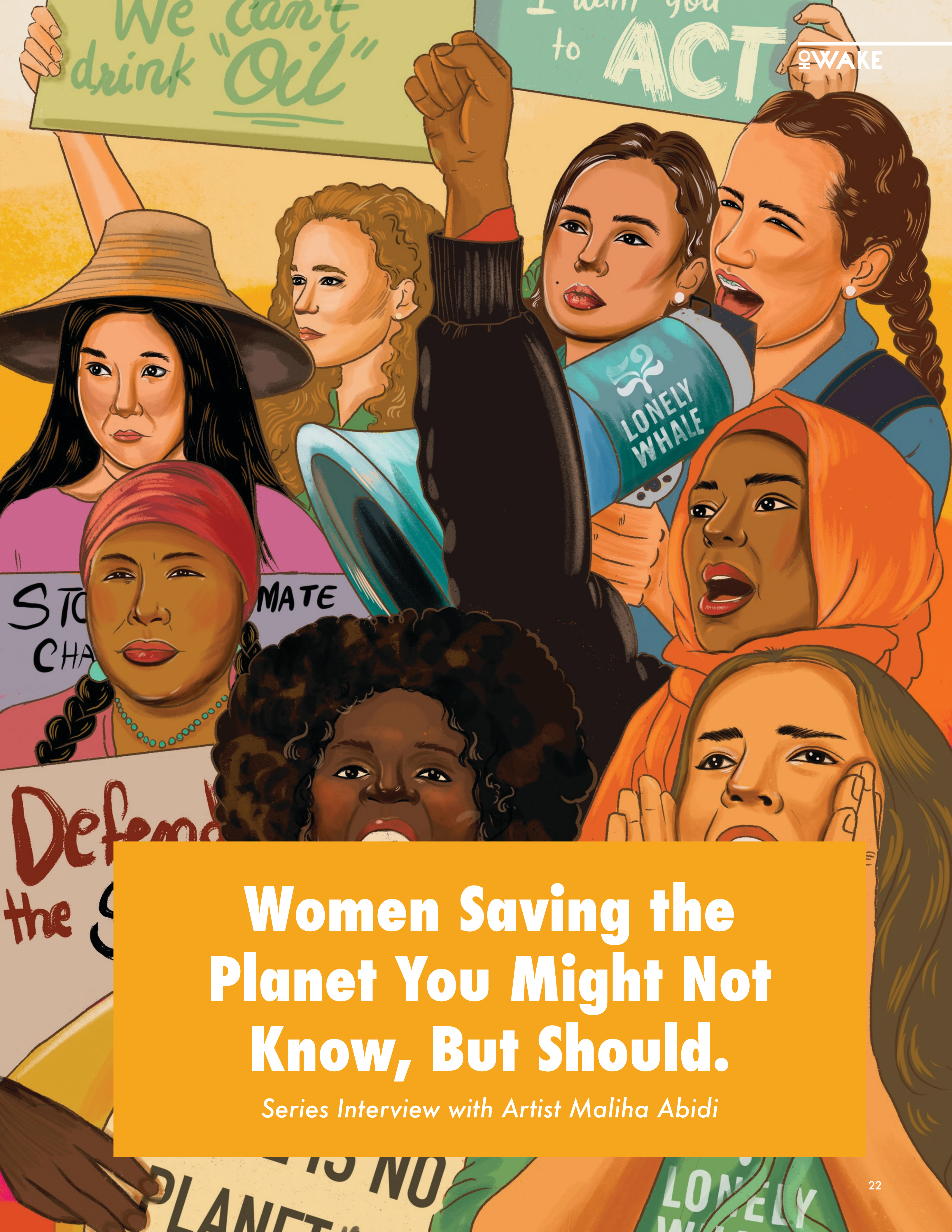
"The severity of the problem, the hundreds of years that it will take for a single piece of plastic to degrade, and therefore, the absurd idea of using such a powerful substance to be thrown away after a single use."

Diego Arreola
Fernández
Mexico City, Mexico
Age: 19

"The number of ocean plastics are increasing at a very drastic rate. Populations of marine species continue to decline and head towards extinction."

Dejea Lyons
Grand Cayman,
Cayman Islands
Age: 18

WHAT THE PUBLIC NEEDS TO KNOW!


We can't drink "Oil"
I want you to ACT
LONELY WHALE
STO MATE
CHA
Defend the S
IS NO PLANET
LONELY

Women Saving the Planet You Might Not Know, But Should.

Series Interview with Artist Maliha Abidi

How do you use your platform as an artist to inform your style of advocacy?

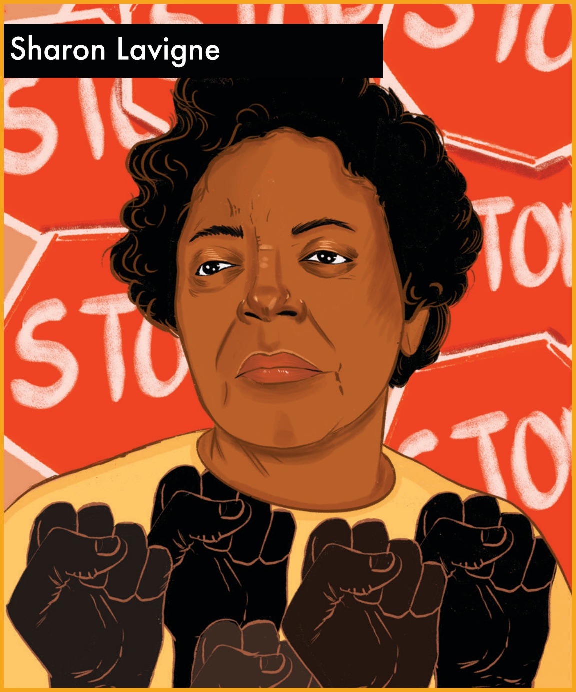
My work focuses on human rights and within human rights, focus on the marginalised communities and peoples such as women, children and BIPOC. Art is indeed a powerful tool that I utilise to inform and spread awareness. One of the things I strategically rely on is vibrant colors and stories of people, combine that with social media and we have a real change-making tool. Somebody may find one of my illustrations about any of the issues our society faces, and they may feel attracted to the colors. They may come to my platform for the colors, but they will stay for the stories being told. This is one of the ways I welcome people into conversations they otherwise wouldn't be interested in. Because the reality is, though it sounds like a cliché, that until and unless we all stand together, we cannot make a significant difference. One person is enough to inspire millions, so I use stories of those people that have the potential to inspire many. Their story is shown on my platform through my art and writing.

When did you first realize that the ocean's health was at risk?

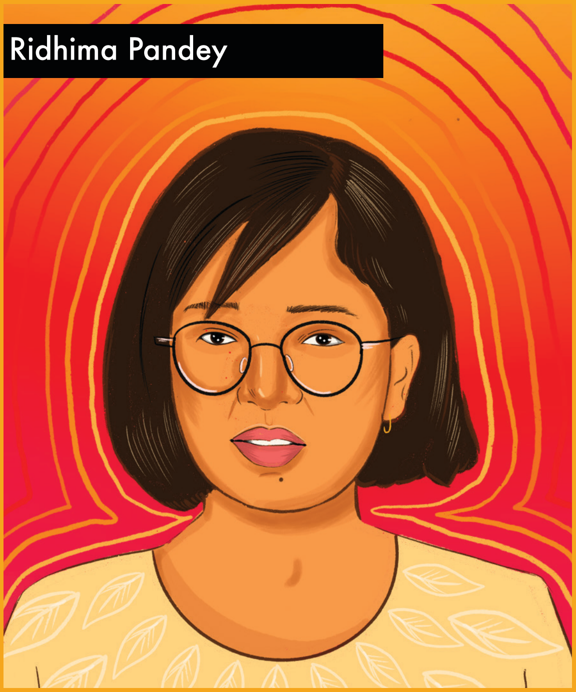
I had seen photos of ocean animals trapped in plastic and had been in conversations about recycling, but it wasn't until my father stopped me from visiting Pakistan one summer because of the extreme heat that killed 1500+ people. My father was in Pakistan and he was worried for me visiting. This way, he had saved me from the heat wave, but I remained worried for all the friends and family back home. Climate change impacts everyone, no matter where you are, and rising temperatures are just one of the signs/impacts of it. We need to believe the research, listen to the experts and change our ways. This is not an issue for just community or one country. It's an issue for all living things on the planet.

Why do the stories behind people matter in the movement to beat plastic pollution?

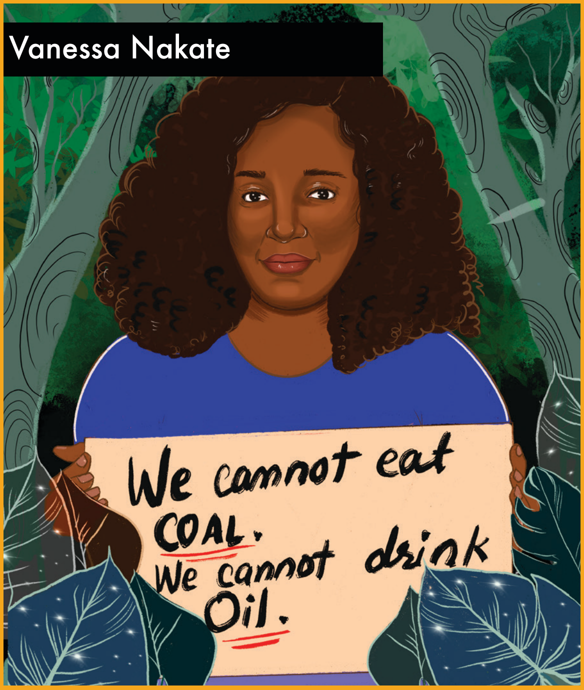
Every story is different and has the potential to inspire someone. Through stories of people, we can build connection with them and that can motivate us to listen to their message. Plastic pollution is something we firstly need to understand in order to properly tackle it and build a safer society where we all are thoughtfully contributing to the environment. Stories also show us that climate change is impacting everyone from around the world. So through stories of people, we can see diversity.



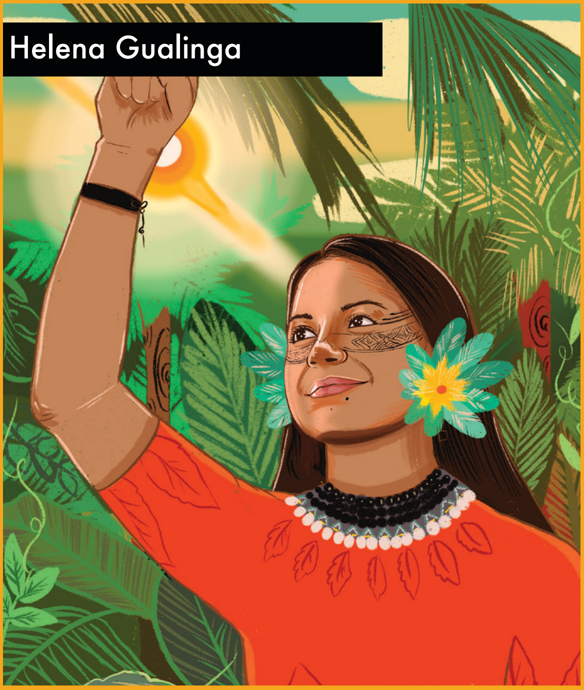
Sharon Lavigne is seeking environmental justice both for herself and her community of St. James, Louisiana. Sharon runs a faith-based organization, RISE St. James, that is advocating to stop Formosa Plastics from building a $9.4 billion plastic manufacturing complex about a mile and a half from her front door.



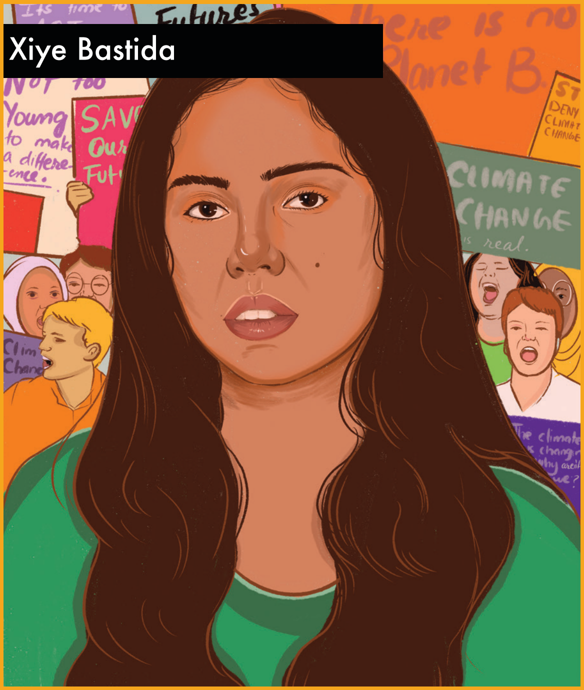
Ridhima experienced the effect of climate change in the form of the Kedarnath flood of 2013. Since then, Ridhima has accompanied Greta Thunberg in protesting the negligence of governments at the UN Climate Action Summit, calling on global leaders to take action on the climate crisis.


Vanessa Nakate
We cannot eat
COAL.
We cannot drink
Oil.

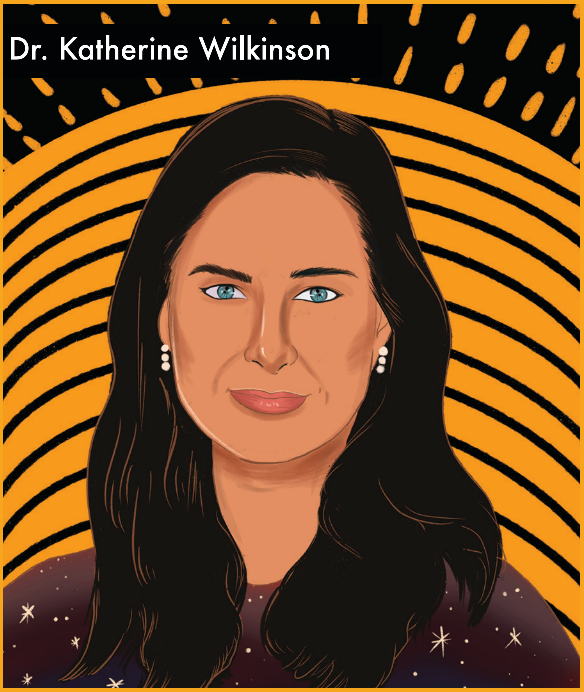
Vanessa grew up in Kampala, Uganda and in 2019 began a solitary strike against inaction on the climate crisis. In 2020, she joined around 20 other global youth climate activists, publishing a letter to participants at Davos. The letter called on companies, banks and governments to stop subsidizing fossil fuels.


Helena Gualinga

Advocating for the rights of the Sarayaku community to maintain custody over their land, Helena is advocating against continued exploitation of the environment for private gains by big oil. Her work also centers our connection to nature.


Xiye Bastida
Futures
There is no Planet B
Young
to make a difference.
SAVE Our Fut
CLIMATE CHANGE is real.
DENY CLIMATE CHANGE

Xiye is one of the lead organizers of the Fridays For Future youth climate strike movement, founded Re-Earth Initiative, and is featured in the All We Can Save anthology published in 2020. Xiye was born and raised in Mexico as part of the Otomi – Toltec indigenous peoples and her work advocates for climate justice.


Dr. Katherine Wilkinson

An author, strategist and teacher, working to heal the planet, Dr. Wilkinson co-founded and leads The All We Can Save Project with Dr. Ayana Elizabeth Johnson, in support of feminist climate leadership. She also co-hosts the podcast A Matter of Degrees, telling stories for the climate curious with Dr. Leah Stokes.

HOW TO REPURPOSE PLASTIC ITEMS

“I REUSE ZIPLOC BAGS,
REUSE SINGLE-USE WATER BOTTLES TO WATER MY PLANTS
AND REUSE GALLON BOTTLES FOR WATER.”

-HEATHER BROCKBANK

“I STRIVE TO FIND CREATIVE WAYS TO UPCYCLE
MY “TRASH;” I TRY TO COME UP WITH
NEW PROJECTS, SUCH AS MY ECO-BROOMS,
AND I’VE REALIZED THAT YOU CAN NEVER
HAVE TOO MANY CONTAINERS.”

-DIEGO ARREOLA FERNÁNDEZ

“I RARELY USE SINGLE-USE PLASTICS
SO I DON’T HAVE TO REPURPOSE!”

-HANNAH TESTA

“I USED TO MAKE PROJECTS
OUT OF PLASTICS.
I MADE A BLUE WHALE MODEL
WITH REPURPOSED PLASTIC.”

-DEJEA LYONS

“I MAKE BOTTLE CAP SCULPTURE ANIMALS.
I BUY REFILLABLE DEODORANT CONTAINERS,
AND I USE PLASTIC GROCERY BAGS
WHEN I DEEP CONDITION MY HAIR.”

-CHANTÉ DAVIS

HOW DO YOU REPURPOSE PLASTIC AT HOME?
WRITE YOUR ANSWER BELOW:

"I ONCE MADE BRACELETS FROM A PLASTIC BOTTLE.
WE RECYCLE OUR DRINKING WATER SACHETS AT HOME
AND ONCE WORKED WITH MY FRIENDS TO MAKE CUTE STATIONERY
HOLDERS OUT OF PLASTIC BOTTLES."

-OLUWASEYI MOEJOH

Google
Plastics News

Google
Plastics News

Where DO YOU GO TO Gather INFORMATION?

ELLEN MACARTHUR FOUNDATION

plasticpollutioncoalition

UNEP

ECOSIA

#breakfreefromplastic

WORLD ECONOMIC FORUM

NATIONAL GEOGRAPHIC

Plastics News

BREATHE!

BY CHANTÉ DAVIS

Breathe!

Scrunched plastic bottles line the sidewalks and
beam in the sun on the scorching concrete.
Wrappers and bottle caps and plastic bags invade
the gutters that lead to the neighborhood creek.

Breathe!

The roadways have become ugly wastelands full of basura.
Pieces of string have accumulated onto the branches of nearby trees.
They wrap and stretch around like an abnormal spider web.

Breathe!

Neighbors and the homeless leave their bottles,
flick their cigarettes, throw their chip bags.
Public trash cans are sparse,
and the little bit of green space we have
is covered in materials that will far outlive most of us.

Breathe!

Our low-income community has been defunded
as the petrochemical companies line their bolsillos.
I thought it was supposed to be people over profit but I fear...

Breathe!

But I just can’t breathe.
The land hurts, our ocean degrades from our waste.
We are running out of time, I fear.

Breathe!

Inhale the calidó, sticky air that emits day
and night from the pollution facilities
That traps in your lungs and burns the back of your throat.

Breathe!

For it may be the last breath for a brother or sister or
friend suffering from asthma.
For it may be the last time the algae in the ocean
can produce the oxygen of the world.
For it may be the last tree’s turn to photosynthesize.

Breathe!

Inhale. Remember your trip to the suburbs.
Remember that first, full deep breath of air you took,
as you glanced upon evergreen rolling hills.
Remember the way your lungs thanked you,
the way your eyes twinkled at the sight of a community
that had been invested in.

Breathe!

Remember the glistening creek, the whistling streams,
the wish of having this back home.
The landscape bursting with colors, so many colors!
Verde y azul y violeta and yellow and orange!
The bright flowers, the overarching trees,
the grass lawns cut to perfección.

Breathe!

The clean gutters, the storm drains free of plastic waste
The thought of the land flourishing again,
And the sea teeming with life under a blue crystalline surface!

Breathe!

Exhale. El fuego that burns in your soul.
Use it to blaze a path to a new future.
A sustainable future, a future of clean seas,
a future of reinvestment,
a future the youth can look forward to.

Respirir.

Tu eres fuerte.
Un mundo mejor es posible.

Breathe.

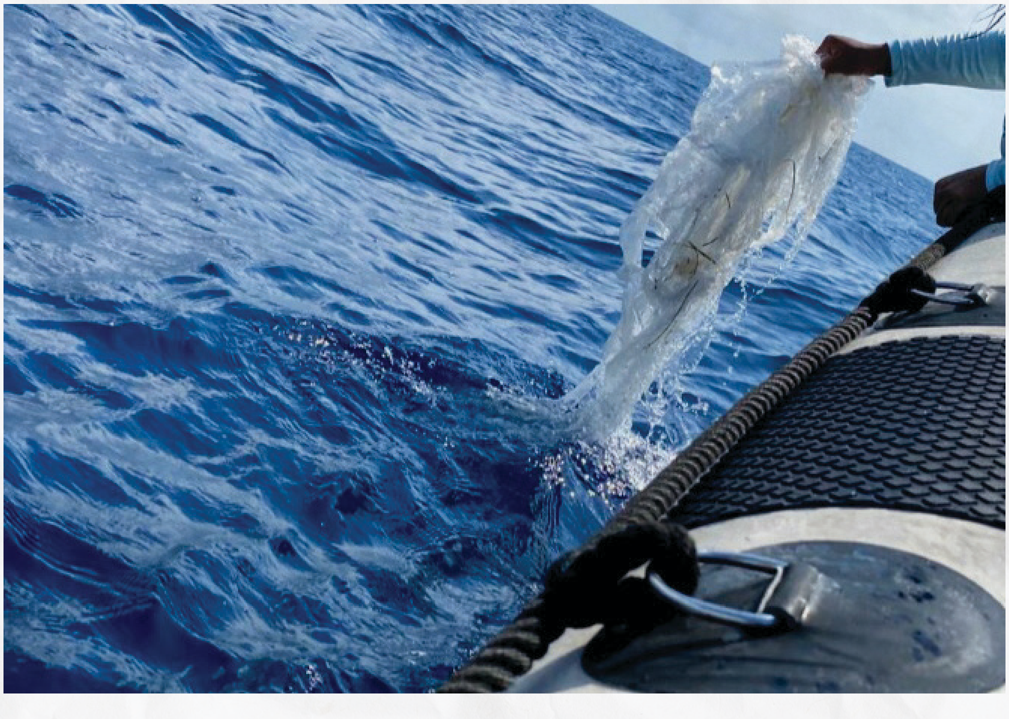
Inhale, exhale.
A livable future is your birthright.

PLASTIC WASTE

The ocean controls the very balance of life and death underwater and above. When we throw plastic into the ocean we threaten our own livelihoods. Ocean Heroes are the solution. These photos were taken in The Bahamas.

Images courtesy of Heather Brockbank

BY
HEATHER



BROCKBANK

CATALYZING REAL CHANGE FROM WITHIN

WE CAN NOT RECYCLE OUR WAY OUT OF THE PLASTIC CRISIS.

BY OLUWASEYI MOEJOH

By the time you are done reading this, over four garbage trucks of plastic will have been dumped into the ocean, about four million plastic bottles will have been purchased and about four million to six million plastic bags will have been trashed globally. That is plastic that will never go away, because every single plastic ever created still exists.

I am Nigerian – from the most populous Black nation on Earth – a country with a myriad of socio-economic challenges like poverty, insecurity, political instability, marginalization, coupled with the increasing disregard for environmental protection. Yet, I have chosen to tackle environmental issues because I strongly believe that nature is at the core of all we do.

In September 2018 I co-founded the U-recycle Initiative Africa because I could see the way poor waste management systems devastated coastal communities in Africa; endangering aquatic ecosystems, killing biodiversity and threatening the lives and health of human beings.

Approximately 8-12 million metric tonnes of plastics wind up in the ocean every year; and Nigeria (0.85 tonnes) ranks 9th on the list of 20 major polluters across the globe, according to World Atlas. The impacts of plastic pollution on the environment and human health in Nigeria — polluted coasts, destruction of ecosystems, loss of biodiversity, poisoning of the food-chain, excessive flooding, the spread of killer diseases like malaria — is rising but the consumption, improper disposal and dumping of plastic waste increases by the minute. This prevailing issue calls for systemic changes and efficient policy frameworks at the government level alongside behavioural changes, informed actions and actionable solutions by consumers at the grassroots.

There is still a lot of work to do in promoting environmental awareness and education, because a lot of young Nigerians who see this problem around them may be concerned about the problem, but do not know what they can do in their little spaces to address it. African countries like Nigeria are often used as an example of all the things wrong with the environment, but there's still a huge gap between what we are doing to protect the environment when compared with western countries.

U-recycle Initiative is an award-winning youth-led organization focused on advancing a circular economy, environmental sustainability and climate action across Africa. As of April 2021, we have implemented over ten awareness projects (workshops, cleanups, city events, awareness walks, movie screenings, school recycling projects, environmental school clubs, youth development training, etc.); through these projects we have engaged over a thousand youth across 11 African countries (Nigeria, Namibia, Gambia, Rwanda, Uganda, Cameroon, Zambia, Sudan, Madagascar, Sierra Leone and Kenya). Some of our notable achievements include winning the 2020 Recycling Heroes Award from the Global Recycling Foundation, winning a National Geographic Young Explorer grant and a Global Teen Leader Award from the We Are Family Foundation.

> WE ALL NEED TO BE INTENTIONAL ABOUT WHAT WE CAN DO IN OUR LITTLE SPACES TO CATALYZE CHANGE. WE NEED TO DO MORE.

I used to think recycling was singularly the solution to the plastic pollution crisis — hence the name 'U-recycle'— but as I delved deeper into understanding this problem, I discovered that recycling barely scratches the surface. Recycling serves as a good way to create value or wealth from waste but it should never be relied on as the only solution. Why? According to the United Nations Environment Programme (UNEP), only 9% of all plastic waste ever produced has been recycled. About 12% has been incinerated, while the other 79% has accumulated in landfills, dumps or the natural environment.

It is evident that we can not recycle our way out of this ubiquitous issue. We have to turn off the tap. We have to solve the issue from the source by catalyzing systemic change (banning plastic production or use) and behavioural change (educating people on ways they can reduce their plastic footprints). U-recycle Initiative now utilizes a multidimensional approach where we ENLIGHTEN youth to take action, EMPOWER youth to create solutions to combat plastic pollution and CREATE VALUE from waste for the benefit of schools and vulnerable communities through recycling.

Our generation is on the verge where everyone has the potential to spark positive change no matter who they are or how little it may be. The plastic we use once for minutes tortures the ocean forever. The Great Pacific Garbage Patch (GPGP) is an example which clearly shows the disastrous impact of many negative little actions over time. The GPGP is the largest of five offshore plastic accumulation zones and is three times the size of France. It has over 1.8 trillion pieces of plastic floating in the patch. 54% of this debris flows from land-based activities like dumping, littering, massive consumption and improper management and disposal of plastic waste.

We all need to be intentional about what we can do in our little spaces to catalyze change. We all need to do more.

Image courtesy of Oluwaseyi Moejoh

THE TURKEY CATCHER WHO BECAME AN OCEAN HERO

OCEAN HEROES BOOTCAMP CHANGED MY LIFE FOREVER

BY DIEGO ARREOLA FERNÁNDEZ

"I am here today to sell you the perfect world. A world in which we can all breathe pure air, in which we have clean oceans, roads, and cities; where governments, companies and people are fighting plastic pollution and climate change, working together towards a better and brighter future."

With these words I spoke under the gaze of businessmen, scientists, and dedicated activists from all over the world at the final ceremony of Ocean Heroes Bootcamp 2019. As soon as I concluded my speech there was a single thought on my mind: "There's no way out: plastic pollution, I'm coming for you."

For me, the journey to becoming an Ocean Hero started in the summer of 2011, when a younger version of myself encountered his first big challenge: a turkey-catching competition!

Catching turkeys is a traditional activity of Oaxaca, the state in Mexico where my family is from, that goes back hundreds of years. Kids are required to chase a certain number of turkeys and guinea hens that are covered in mud and then released in a huge garden full of obstacles, testing all the participants' speed and endurance. There are some prizes and then after the game the animals are released back into the prairie.

Even though I was the youngest, smallest and less-experienced child on that field, I was so excited to participate. I spent hours chasing those elusive birds, losing them to bigger and more experienced kids; I refused to give up. I knew it deep in my soul: the next turkey would be mine. I was terrified, but I embraced that fear and grabbed it by the legs... literally!

I could see the surprise in my family's eyes. For them I had just done something unbelievable.

That's the day when my life's journey of "catching turkeys" began.

Images courtesy of Deigo Arreola Fernàndez

I returned to school triumphantly, eager to test my new tenacity, and found the perfect opportunity at the annual declamation contest, where I overcame the second big turkey in my life: a stage fear so immense it made me sweat and stare into the ceiling until it was over.

I prepared myself with diligence, and with the help of my mom, who has also been my mentor, my self-confidence and communication skills improved. When the day of the contest arrived, I was truly amazed by the look in everyone's eyes; it was the same look my family had on that summer day in Oaxaca.

OCEAN HEROES
BOOTCAMP

From that moment on, I was constantly chosen to represent my school in oratory, declamation, and debate competitions, where I achieved national success and gained recognition as a skilled orator. What once was my biggest fear became my greatest passion.

Soon my parents' and teachers' cheers turned into cheers from thousands, as I achieved many new goals: speaking in front of great audiences, proposing solutions for climate change, and inspiring people to take action in favor of justice and environmental conservation.

When I found the application for Ocean Heroes Bootcamp (OHBC) it was like a dream come true: coming together with like-minded young people from all over the world, collaborating for ocean conservation and against plastic pollution; learning how to create campaigns, build awareness and inspire more people to live a "zero waste" life. It was just what I was looking for and still it was beyond my imagination. I didn't know it would change my life forever.

"There's no way out: plastic pollution, I'm coming for you."

After OHBC I began to think about all the things I could do to fight plastic pollution in my hometown. Soon, I had created awareness campaigns with my friends, convinced my principal to progressively ban single-use plastics from school facilities, and focused my senior research project on the development of Eco-Brooms made from recycled plastic bottles.

At my mom's academy I had the opportunity to organize recycling activities with kids, give lectures to adults, and motivate teenagers to care more about environmental justice. It was here, realizing the enormous potential of young people, discovering their creativity and interest in environmental conservation, that I decided to create Green Speaking, my nonprofit organization. Using a combination of science and impactful communication, Green Speaking gives children and youth the tools and the confidence necessary to become advocates for earth's well-being, so they can use their talents and acquired knowledge in favor of our planet. Working to fight plastic pollution, climate change, and in favor of environmental justice, as of May 2021 we have active campaigns across South America, Kenya, New Delhi, the US, Canada, and Europe. Since attending OHBC 2019 I've used my voice to shape the change I wish to see in the world.

"What once was my biggest fear became my greatest passion."

Whether it is talking to 50 people from Nigeria on a Zoom call; 300 kids during a lecture; 10,000 people through social media; 100,000 listeners during a radio interview, or simply my friends during a social gathering, my vocation is inspiring people to become the best versions of themselves so that we may all contribute to the positive development of society.

That was my duty while participating at the Conrad Challenge alongside four other amazing Ocean Heroes, creating a tracking system for ghost nets and derelict fishing gear – a huge problem within plastic pollution. It was also my motto while representing Mexico at the Global Youth Climate Challenges, hosted by the Republic of Korea's National Council on Climate and Air Quality; and it will continue to be my inspiration this year, when I attend South Korea in person to participate at the GYCC 2021, being part of the Marine Debris Team to create an ocean conservation plan that will go directly to the P4G leaders.

When I reflect on my path and remember that first real turkey I caught at the age of six, I can't help but think our meeting was not a coincidence. For me, that traditional activity of Oaxaca's culture became a precious life-lesson and the first step in my life-undertaking. The courage and bravery that emerged from that adventure have stuck with me ever since, helping me accomplish my goals, and helping others accomplish theirs.

Now, if you think that plastic pollution is a giant "turkey" that seems just impossible to catch, close your eyes and remember you're not alone:

You have an experienced "turkey catcher"right here, ready to help you.

Image courtesy of Claudia Fernandez Audiffred

WANT TO BECOME AN OCEAN HERO? JOIN NOW!

www.oceanheroeshq.com

Notes From a Future Ocean Hero!

This is a space just for YOU.
You can do anything you want with these pages,
but here are some ideas to help you get started:

- Write a letter to the ocean
- Share your thoughts and feelings
- Create a gratitude journal! What are you thankful for?
- Tell us what inspires you
- Draw the ocean

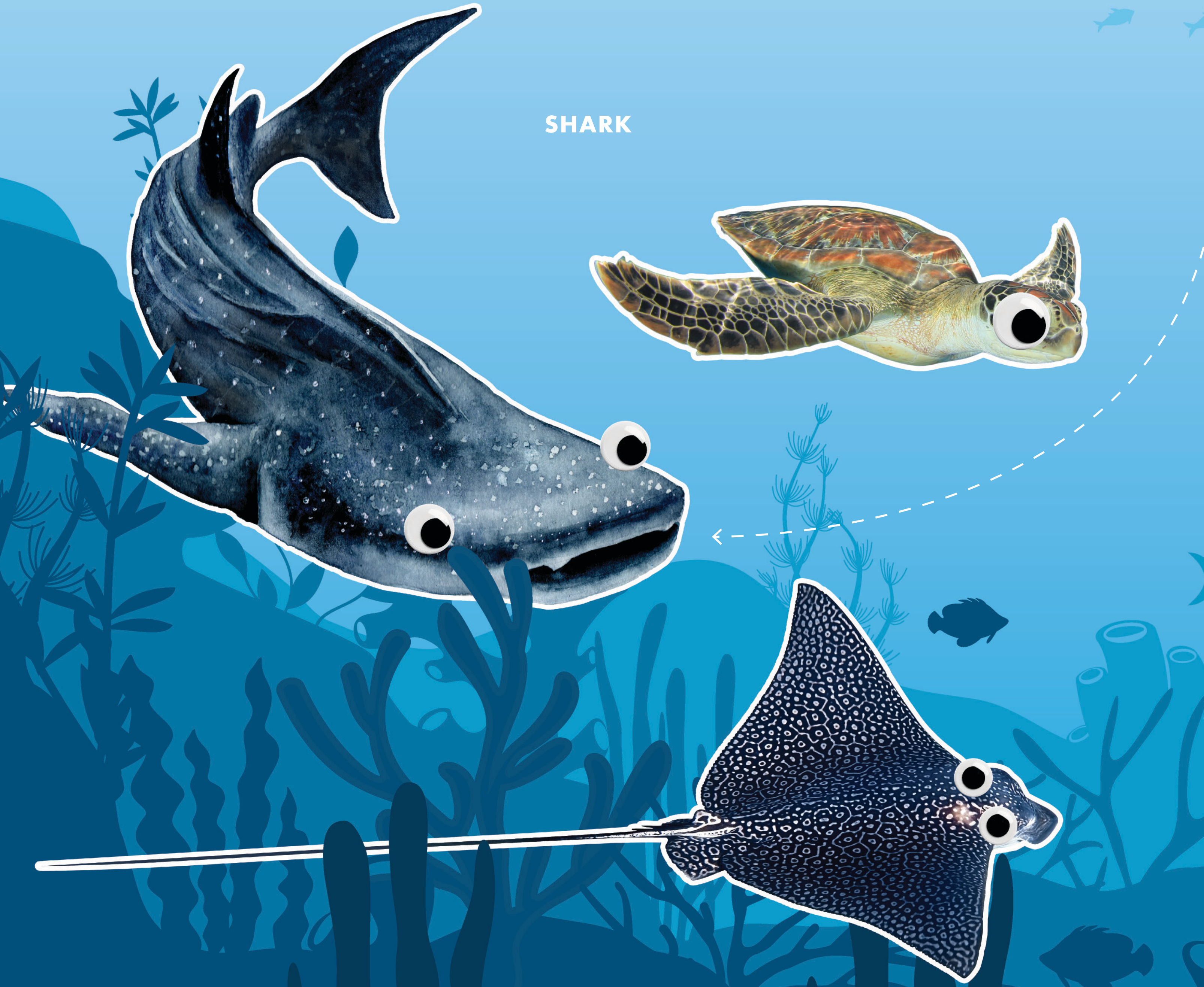
QUIZ TIME!
WHO'S WHO UNDER THE SEA?

Can you connect these ocean superstars to their names?

OCTOPUS

SPOTTED EAGLE RAY

SHARK



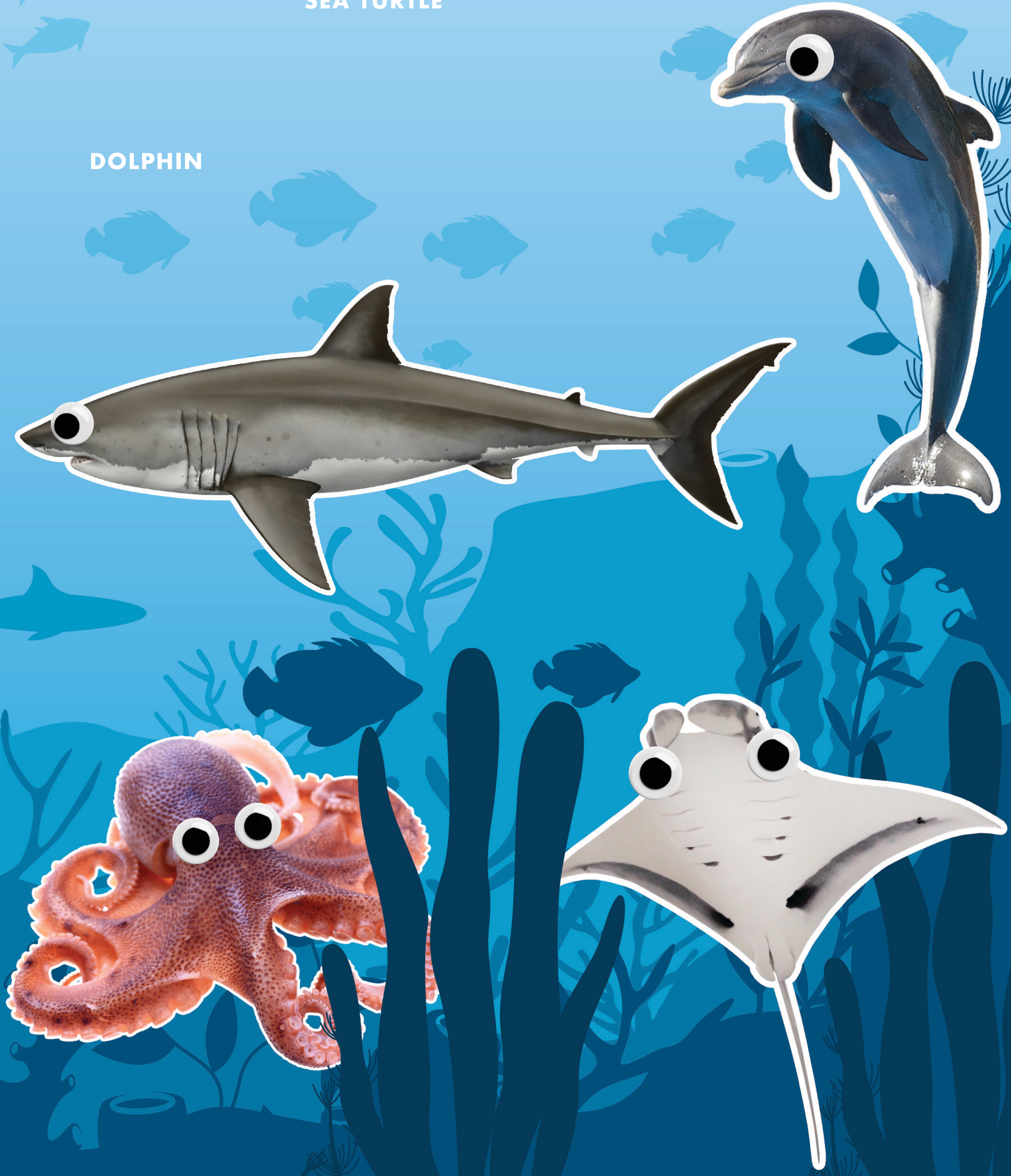
follow the example

WHALE SHARK

MANTA RAY

SEA TURTLE

DOLPHIN



MAKING AN IMPACT: OCEAN PRESERVATION

Innovators Gonna Innovate

Diego Arreola Fernández:

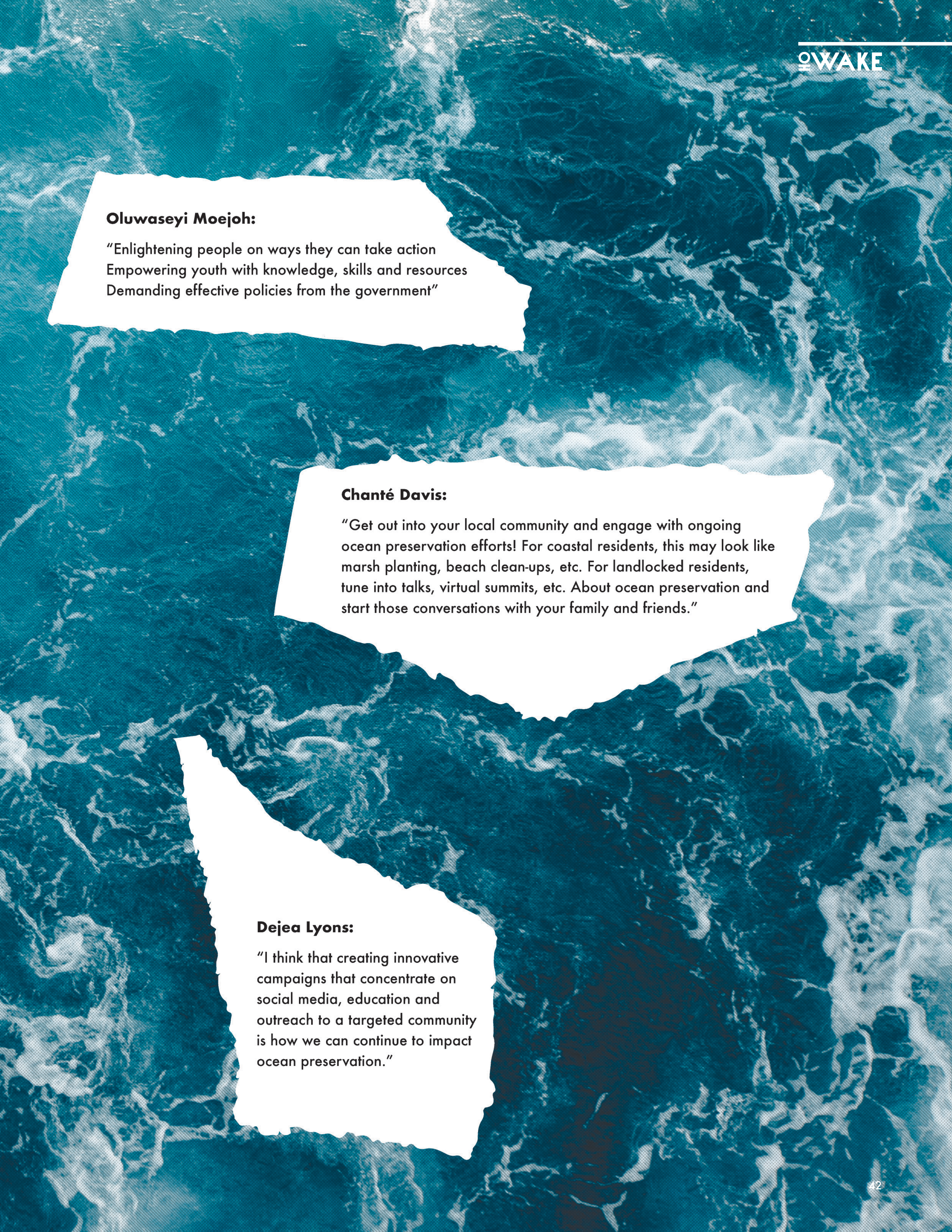
"I am convinced we need to create much more awareness, promote a mass behavioral change, and urge politicians and businesses to take immediate action. Come up with strategies that benefit us all, or at least the most important parties (the environment and society in general). I am also determined to help more kids from all over the world become great leaders, because we need as many voices and fighters as we can."

Hannah Testa:

"We need to break down and change systems by influencing policy and behavioural change, and encouraging corporate sustainability."

Heather Brockbank:

"Activism needs to be more close up and more explicit in the problems that we face – not just telling about the problem, but sharing about the solutions and working on the solution with people to help them understand how it directly affects their livelihoods."



Oluwaseyi Moejoh:

“Enlightening people on ways they can take action
Empowering youth with knowledge, skills and resources
Demanding effective policies from the government”

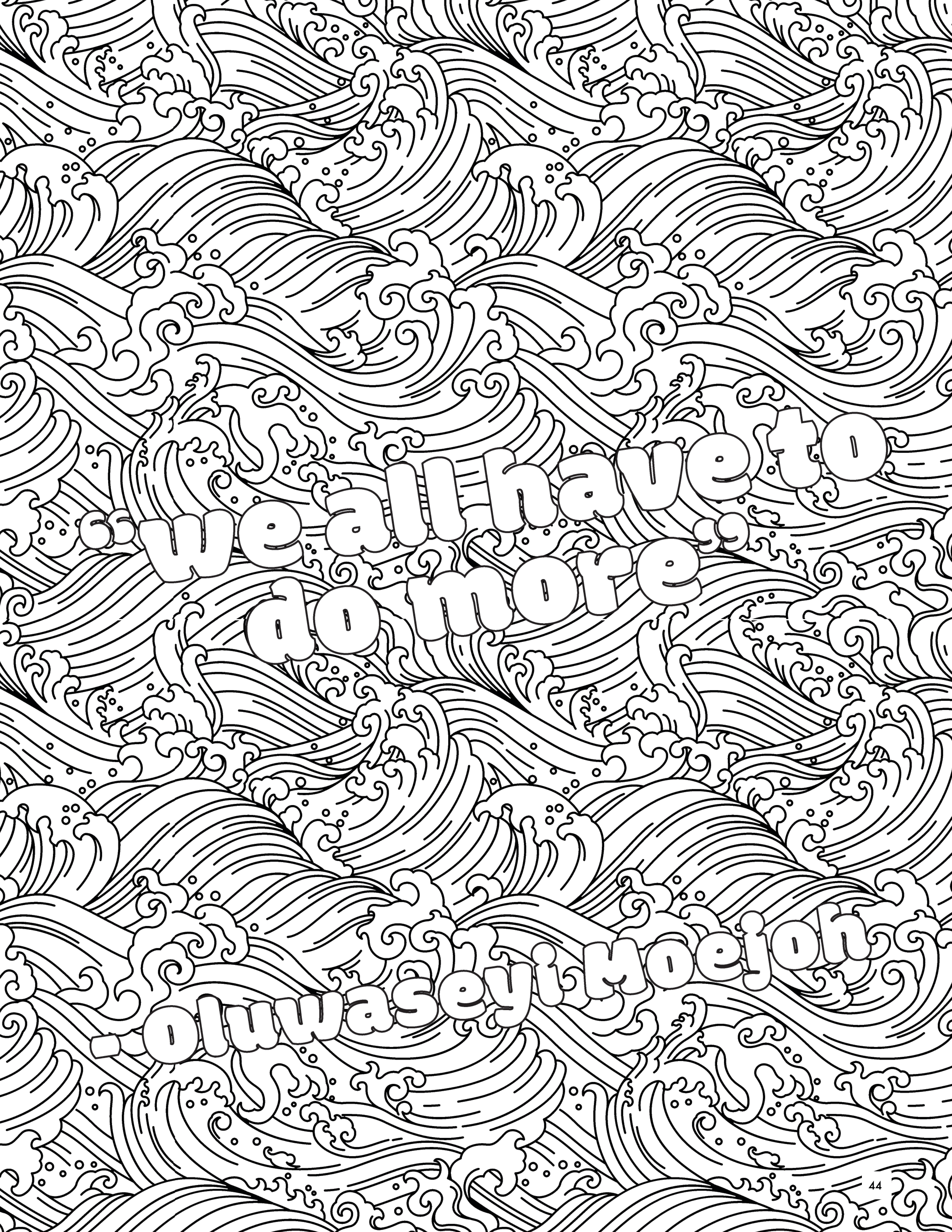
Chanté Davis:

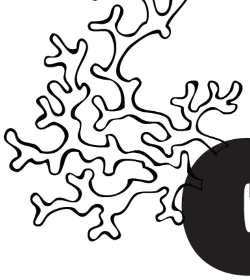
“Get out into your local community and engage with ongoing ocean preservation efforts! For coastal residents, this may look like marsh planting, beach clean-ups, etc. For landlocked residents, tune into talks, virtual summits, etc. About ocean preservation and start those conversations with your family and friends.”

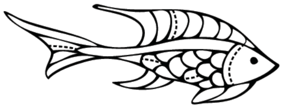
Dejea Lyons:

“I think that creating innovative campaigns that concentrate on social media, education and outreach to a targeted community is how we can continue to impact ocean preservation.”

color me!
“take accountability + action”

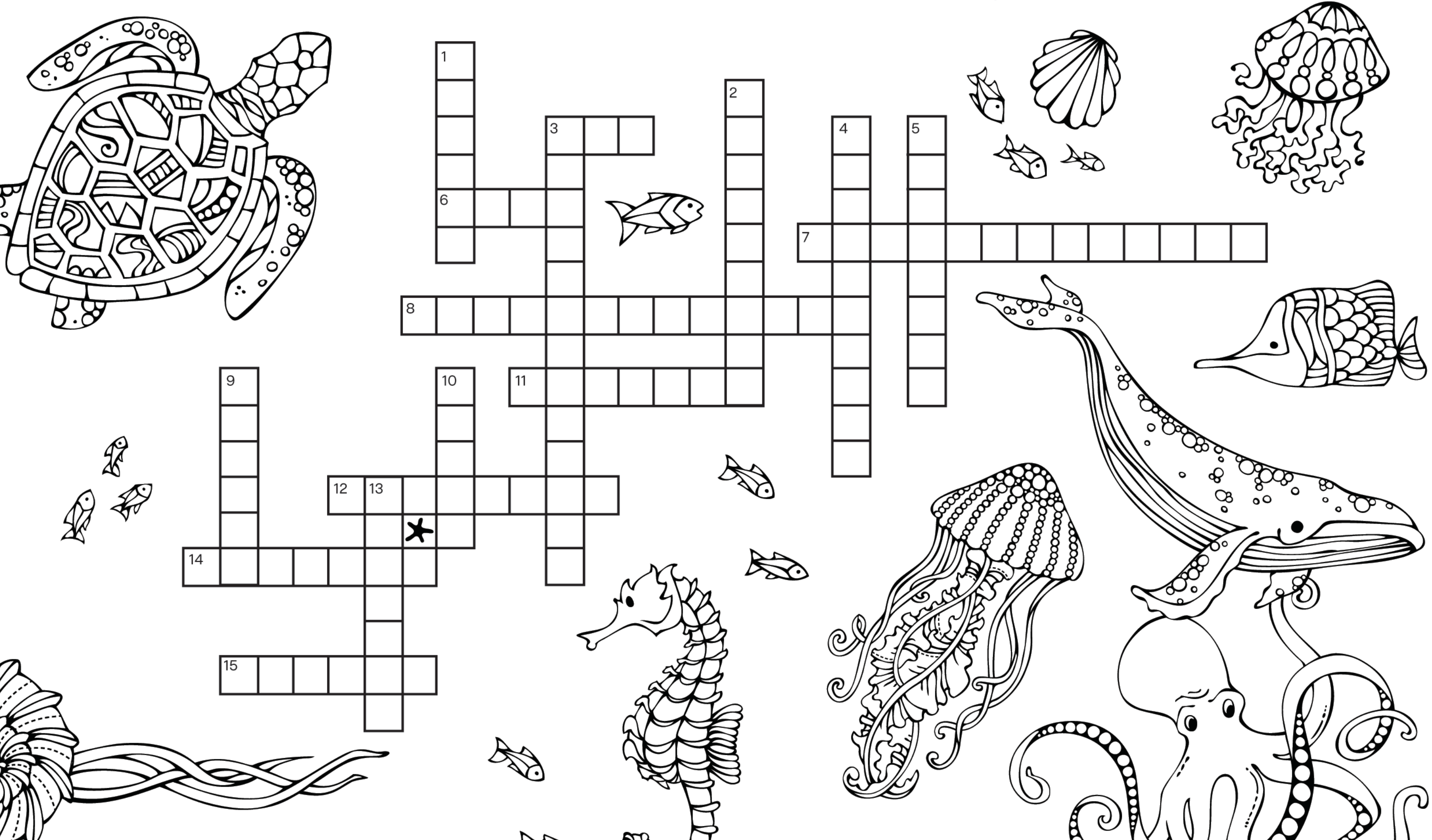

"we all have to
do more"
-Oluwaseyi Moejoh





CROSSWORD

Can you fill in every box?
Hint: Search for the answers to this puzzle inside
the Ocean Plastics issue of OH-WAKE! ➡️📖



ACROSS

3. 99% of plastic is produced from, what?

6. Only ____% of all plastic waste ever produced has been recycled.

7. Taking on the _____ _____, by Hannah Testa

8. Plastic never really disappears. It breaks up into tiny pieces called...

11. ______!, a poem by Chanté Davis

12. Ocean Heroes are stronger _____

14. #_____ Like

15. The loneliest whale - by another name

DOWN

1. 'Ocean' in Español.

2. Tortuga Marina

3. "The sea sings out to its many saviors"

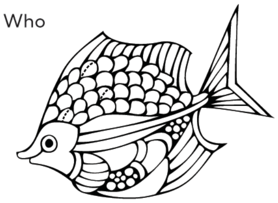
4. I am the biggest shark in the ocean. I have 300 teeth. Who am I?

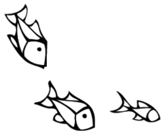
5. Aries, Taurus, Gemini, Cancer

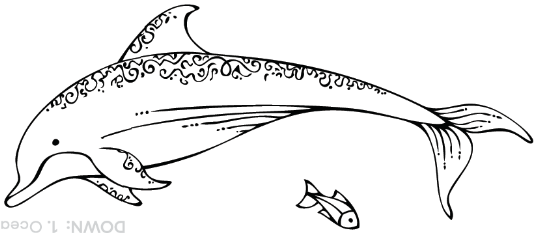
9. The Turkey Catcher

10. Knowledge is _____

13. I have eight tentacles and THREE hearts! Who am I?







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ANSWERS: ACROSS: 3. Oil, 6. Nine, 7. Plastic Crisis, 8. Microplastics, 11. Breathe, 12. Together, 14. Hydrate, 15. 52 Blue
DOWN: 1. Oceano, 2. Sea Turtle, 3. Ode To Our Ocean, 4. Whale Shark, 5. Sea Signs, 9. Diego, 10. Power, 13. Octopus

GONE FISHIN'

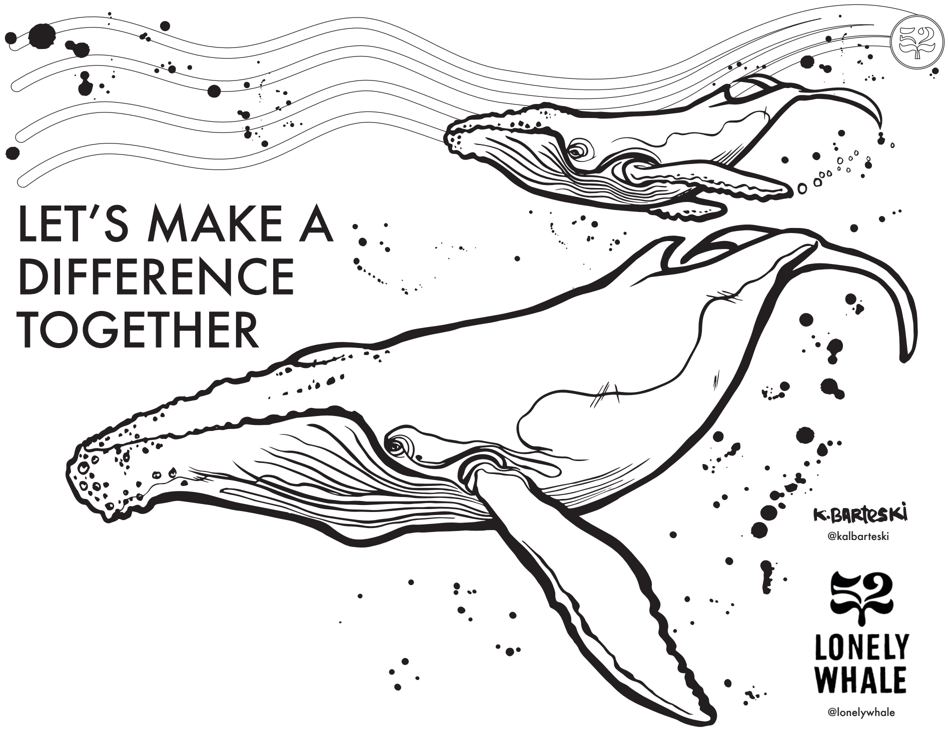
SCAVENGER HUNT

Can you find ____?

Find a flower. How does it smell? Can you draw its parts and name them? • Find a leaf. What color is it? • Find something green. How does it make you feel? • Find a bird. What do you hear? • Find an insect. What does it look like? • Find a tree. What kind of tree is it? • Find water. Is it a river, or a lake, or the ocean? • Find plastic. Where is it? • Sketch something you see that inspires you. •

YOUR VOICE COUNTS!

Now's your chance to become an Ocean Hero. Use this postcard to send a message to your local government about why we need to keep plastic OUT of the ocean and how much the ocean means to you!


LET'S MAKE A DIFFERENCE TOGETHER
K.BARTESKI
@kalbarteski
52
LONELY WHALE
@lonelywhale

POSTAGE
STAMP

HOW TO USE: *CUT OUT USING DOTTED LINE, FOLD IN HALF, GLUE BACK SIDE TOGETHER, COLOR/WRITE, AND YOU'RE READY TO TAKE ACTION INTO YOUR OWN HANDS!*

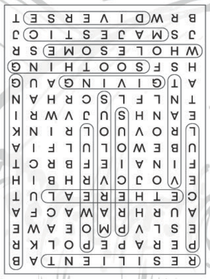
SEARCH

How many words can YOU find to describe the beauty of the ocean?

R	E	S	I	L	I	E	N	T	A	B
P	E	R	A	P	E	P	O	L	K	R
E	S	L	V	P	M	O	E	A	W	E
A	U	R	H	R	A	W	A	C	F	A
C	E	T	H	E	R	E	A	L	U	T
E	V	O	J	C	V	R	H	B	I	H
F	I	N	A	I	E	F	B	R	C	T
U	B	E	W	O	L	U	L	F	I	A
L	R	O	V	U	O	L	R	I	N	K
E	A	N	H	S	U	J	V	W	R	I
T	N	L	F	L	S	C	R	H	A	N
A	T	G	I	V	I	N	G	A	U	G
H	S	F	S	O	O	T	H	I	N	G
W	H	O	L	E	S	O	M	E	S	R
J	S	M	A	J	E	S	T	I	C	J
B	R	W	D	I	V	E	R	S	E	T

WORDS TO CONSIDER:

- RESILIENT
- WHOLESOME
- SOOTHING
- POWERFUL
- GIVING
- PRECIOUS
- BREATHTAKING
- DIVERSE
- ETHEREAL
- MARVELOUS
- PEACEFUL
- MAJESTIC
- VIBRANT



KEY:

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Notes From a Future Ocean Hero!

This is a space just for YOU.
You can do anything you want with these pages,
but here are some ideas to help you get started:

- Write a letter to the ocean
- Share your thoughts and feelings
- Create a gratitude journal! What are you thankful for?
- Tell us what inspires you
- Draw the ocean

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HEROES
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become
an
ocean
hero
JOIN
NOW!

THIS FIRST ISSUE OF OH-WAKE WAS MADE POSSIBLE WITH GENEROUS SUPPORT FROM:

OCEAN HEROES NETWORK

CAPTAIN PLANET FOUNDATION

LONELY 52 WHALE

52HZ

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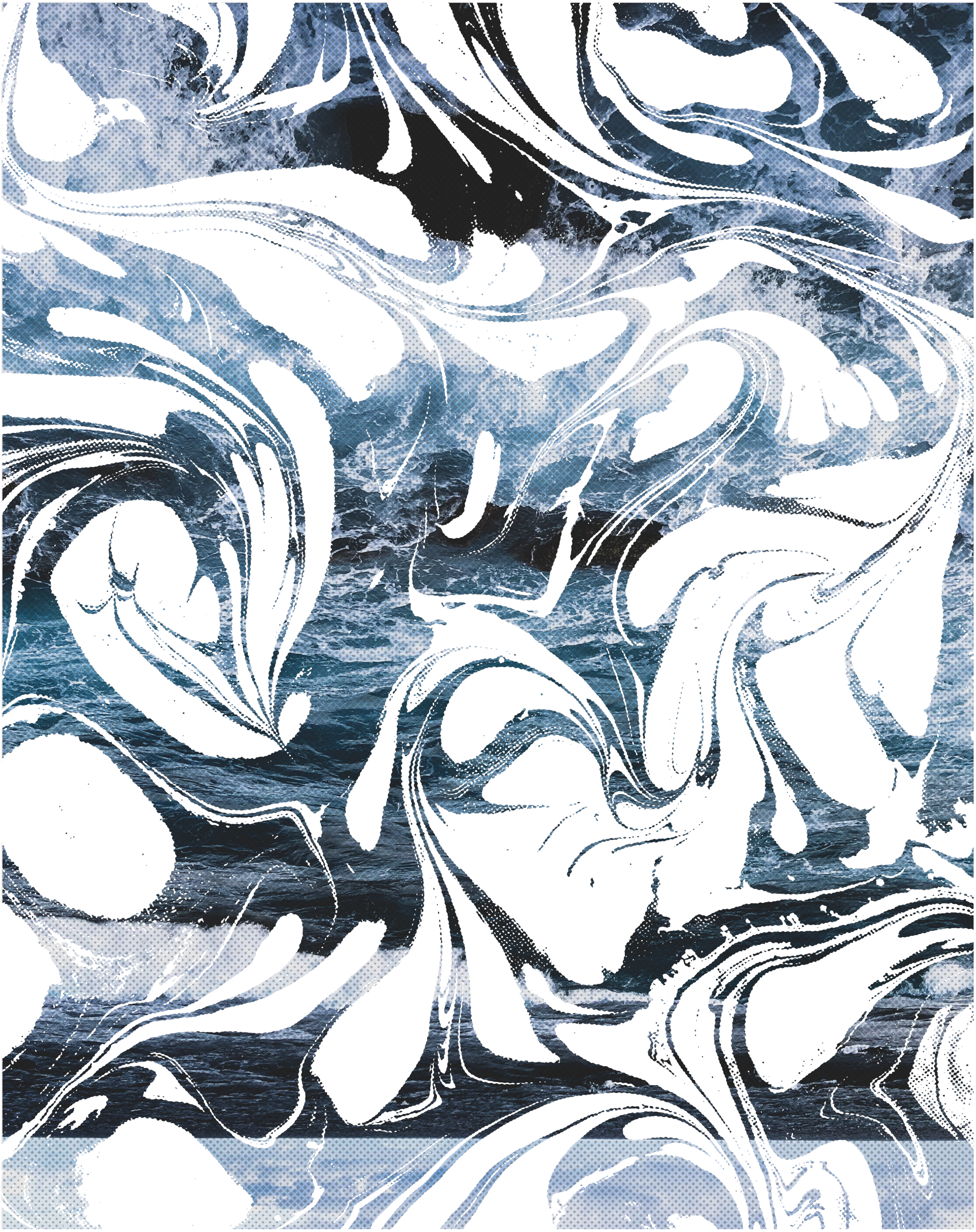

OCEAN HEROES NETWORK WITH GENEROUS SUPPORT FROM hp